

ALISON KILGOUR COACHING

Data-Driven Intelligent Coaching

Coaching for individuals, organisations and professional teams

Fitness & Lifestyle

Corporate Wellness

Business Development



COACHING THE PERSON, THE BUSINESS AND THE PEOPLE INSIDE IT.

A demanding career, a team to lead, a business to grow. You can be delivering successfully while recognising that something needs more attention, whether that is your own health, the wellbeing of your workforce or the commercial development of your future leaders.

Alison Kilgour Coaching provides practical, individual support across those three areas, with an approach built around the realities of professional life. You receive a clear direction, support to put it into practice and meaningful measures of progress, so you understand what you are working towards and whether things are improving.

For individuals,

Bespoke training, nutrition and lifestyle coaching to improve body composition, build strength and support better energy.

For organisations,

Practical wellbeing programmes that support healthier habits, stronger leadership and a healthier workforce.

For professional teams,

Business development coaching to build commercial confidence, strengthen relationships and contribute to winning work.

Each service can stand alone or work alongside the others, with clear goals and an agreed purpose for every engagement.



3 SERVICES

- Personal health.
- Workforce wellbeing.
- Commercial development.

THE STARTING POINT IS WHAT YOU WANT TO BE DIFFERENT.

THREE AREAS. ONE APPROACH.

The right support for the change you want to make

For Individuals

FITNESS & LIFESTYLE COACHING

For busy professionals who want fat loss, strength, better energy and more control without turning fitness into a second full-time job.

You receive a bespoke plan and ongoing coaching that helps you build healthier habits around your career, family and commitments.

For Organisations

CORPORATE WELLNESS COACHING

Wellbeing for businesses that value, develop and retain talent.

Your organisation receives practical support, from focused workshops to leadership coaching and year-round programmes, with clear priorities and a way to review progress.

For Professional Teams

BUSINESS DEVELOPMENT COACHING

Developing graduates, emerging leaders and middle managers with the commercial confidence, networks and work-winning skills your business will depend on next.

Your people receive practical development that helps them contribute more confidently to relationships, opportunities and future growth.

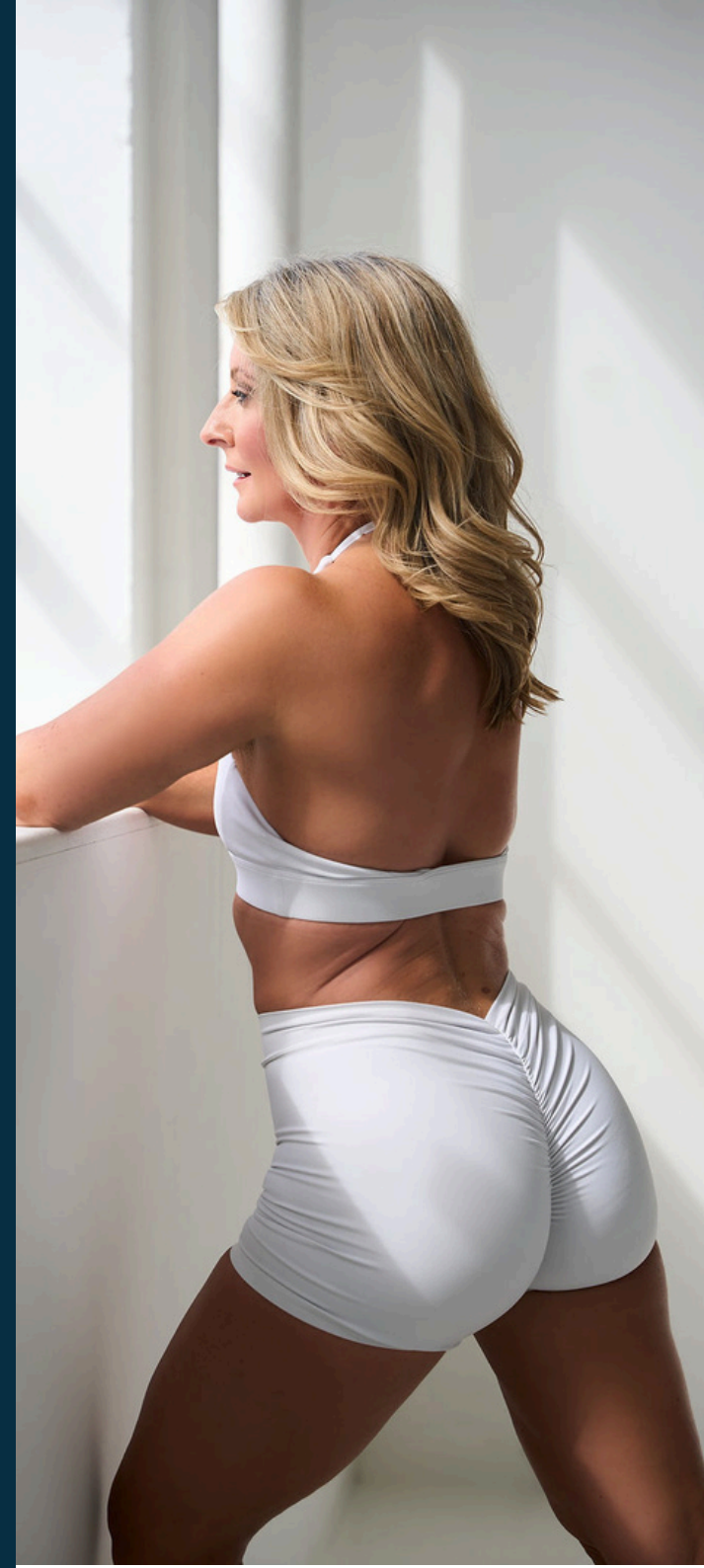
BOOK A
CONVERSATION

ALISON KILGOUR COACHING

Fitness & Lifestyle Coaching

Bespoke coaching for busy professionals who want stronger bodies, better energy and healthier habits.

Data-Driven Intelligent Coaching



FITNESS & LIFESTYLE COACHING



FAT LOSS.
STRENGTH.
BETTER ENERGY.
MORE CONTROL.

66%

of adults in the UK are
overweight or living with
obesity

Source: British Heart Foundation,
Cardiovascular Disease Statistics 2026

You know your health deserves attention, but knowing what to do and finding a consistent way to do it are different things. Meetings run over, travel interrupts your routine and another busy week leaves you promising to start again on Monday.

Fitness & Lifestyle Coaching combines a bespoke online programme with personal coaching through the 1Fit app. Training, nutrition and lifestyle habits work together, giving you a clear plan and ongoing support to make progress around your career, travel and commitments.

You receive a bespoke programme shaped around your starting point, goals, available time and circumstances. Regular feedback helps you understand what is working, where you need to adjust and what deserves your attention next.

WHAT IS IN IT FOR YOU?

You gain a clear route towards your goals, whether that means losing fat, building strength, improving energy or feeling more confident in your body.

Your training and nutrition have a purpose, with personal feedback to help you make informed choices and stay consistent through demanding weeks.

Progress is reviewed through changes in your body, strength, habits and wellbeing, so the scales are only one part of the picture.

27%

of UK working adults
reported sleep issues in the
previous 12 months.

Source: CIPD Good Work Index 2025.

FITNESS & LIFESTYLE COACHING

“Progress should become something you can recognise in your body, your capabilities and the way you manage your week.”

When energy and consistency are difficult to maintain, your sleep and recovery deserve attention alongside training and nutrition.”



FITNESS & LIFESTYLE COACHING

WHAT YOU RECEIVE

A clear plan, personal feedback and support to follow through.

BESPOKE TRAINING AND NUTRITION

Your programme reflects what you want to achieve and what you can realistically manage. You know what to do, how it supports your goal and where to focus your effort.

EVERYTHING TOGETHER IN THE 1FIT APP

Your workouts, nutrition and recipe resources, progress data and check-ins are brought together in one place. You can see your programme and look back at your progress without managing several disconnected systems.

REGULAR COACHING AND ADJUSTMENTS

Weekly check-ins and feedback give us the opportunity to review how things are going. If travel, workload or circumstances change, we adjust the approach so you can keep moving forward.

INTELLIGENT ACCOUNTABILITY

You have clear expectations and someone paying attention to your progress. We look at the patterns behind a difficult week and agree practical actions that help you follow through.

HOW WE MEASURE THE DIFFERENCE

Depending on your goals, we track weight, body measurements, strength, training consistency, energy, sleep, mindset and recovery. This gives you a fuller picture of progress and helps guide the next decision.



Why work with Alison?

Professional fitness and nutrition training is combined with experience of demanding commercial careers, bringing an understanding of why your health plan needs to work around professional life.

HOW TO GET STARTED

We discuss your goals, starting point and the support you need. You see your coaching roadmap before you commit, then begin with your bespoke programme, weekly check-ins and ongoing feedback.

BOOK A
CONVERSATION

ALISON KILGOUR COACHING

Corporate Wellness Coaching

Practical wellbeing support for employers, leaders and their teams.

Data-Driven Intelligent Coaching



HEALTHIER PEOPLE. STRONGER TEAMS. BETTER BUSINESS PERFORMANCE

When people are tired, under sustained pressure or struggling to maintain healthy habits, the effects can show up in their working day: lower energy, difficulty concentrating and less capacity to manage demanding periods.

For employers, the question is how to provide support that addresses what is happening within their own organisation.

Corporate Wellness Coaching turns those priorities into practical support through workshops, leadership coaching and ongoing programmes. Your people gain guidance they can apply in their working lives, while your business gains a coordinated approach to wellbeing with clear goals and regular review.



IF YOUR PEOPLE ARE YOUR GREATEST ASSET, THEIR
WELLBEING BELONGS IN YOUR BUSINESS STRATEGY,
NOT JUST IN A FRUIT BOWL DURING “WELLNESS WEEK”.

WELLBEING FOR BUSINESSES THAT VALUE, DEVELOP AND RETAIN TALENT

22.1 MILLION

Working days lost to work-
related stress, depression or
anxiety in Great Britain in
2024/25.

Source: Health and Safety Executive.

UNDERSTAND THE PROBLEM. BUILD THE RIGHT SUPPORT. MEASURE WHAT CHANGES.

We begin with your business priorities, working environment and people challenges, using relevant information you already hold. We then agree the participants, outcomes, delivery format, timetable and measures of progress, giving you a clear proposal before work begins.

9.4 days

Average annual sickness absence per employee in the CIPD's 2025 employer survey, compared with 7.8 days in 2023

Source: CIPD, Health and Wellbeing at Work 2025.

These figures make it worth understanding your own absence patterns and whether your existing support meets the needs behind them

Workshops

Practical sessions on movement, strength, nutrition, sleep, recovery and habits give employees greater understanding and useful actions they can take into their working week.

Leadership Coaching

Individual or small-group coaching helps leaders give attention to their own health, energy and performance, while considering the example they set and how they support their teams.

Year-Round Programmes & Strategy

Ongoing coaching, education, engagement and review give wellbeing continuity. Your business has an agreed direction and a programme that can evolve as needs and feedback change.

WHAT YOUR BUSINESS GAINS

Your people gain practical support for healthier habits, energy and recovery, while your leaders develop greater understanding of how to support their teams.

Investment in wellbeing can support attendance, retention and your appeal as an employer, helping protect the skills, relationships and knowledge behind reliable delivery.

When bids ask about continuity of staff, a structured programme with clear objectives and reviewed outcomes provides tangible evidence of your investment in the people responsible for delivering your promises.

HOW WE REVIEW PROGRESS

We agree relevant measures before delivery, including participation, employee feedback, changes in habits and reported energy or recovery. Where available, absence, retention and recruitment trends provide wider business context. Regular reviews help you assess progress and describe your investment in people accurately in bids and client conversations.

“The people you promise in your bid need support to stay and deliver.”

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Why work with Alison?

My experience in senior commercial roles across property and construction includes clients, teams, bids and demanding delivery commitments. I understand why continuity of staff, retained knowledge and reliable delivery matter when winning work.

Alongside professional fitness, nutrition and mental health training, that experience helps me shape wellbeing support around your people and business priorities.

BOOK A
CONVERSATION

ALISON KILGOUR COACHING

Business Development Coaching

Commercial development for graduates, emerging leaders
and middle managers.

Data-Driven Intelligent Coaching



BUSINESS DEVELOPMENT COACHING

BUILD THE NEXT GENERATION OF RAINMAKERS.

In property, construction and professional services, important client relationships and work-winning knowledge often sit with a small number of senior people.

Meanwhile, technically capable graduates and managers may have had little structured support in developing their own commercial contribution.



Through workshops, development programmes and individual coaching, your people learn to build commercial confidence, develop client relationships and recognise opportunities. Practical actions between sessions help them apply those skills in their own roles.

BUSINESS DEVELOPMENT COACHING

HOW CAN BD COACHING HELP YOUR BUSINESS?

You develop more people who can represent the organisation confidently and contribute to its commercial future. Existing networks and digital strengths become a starting point for building meaningful relationships, with greater attention to conversations, follow-up and opportunity creation.

For participants, the benefit is knowing how to move beyond technical delivery and become more confident in a wider commercial role. For leaders, it is an investment in sharing knowledge and preparing the people your business will depend on next.

Over time, that supports stronger succession and reduces reliance on a few individuals to maintain relationships and bring in work.



48% of UK employers surveyed increased their efforts to develop talent in-house over the past year.

Source: CIPD, Resourcing and Talent Planning Report 2026.

“Are your people also learning how to contribute to winning work?”

TALENT NEEDS MORE THAN A
SCREEN TO BUILD RELATIONSHIPS.

AS LEADERS, WE OWE THE NEXT
GENERATION THE COACHING AND
CONFIDENCE TO MAKE
CONNECTIONS THAT COUNT

COMMERCIAL SKILLS THEY CAN PUT INTO PRACTICE

We agree the participants, development priorities and delivery format with your leadership team. Workshops, development programmes and individual coaching are shaped around each person's experience, responsibilities and commercial goals. Before delivery begins, you receive a proposal setting out the scope, session format, timetable, fees and how progress will be reviewed.

COMMERCIAL CONFIDENCE

Support to introduce themselves, start conversations, explain their value and represent the business with greater assurance.

NETWORKS & RELATIONSHIPS

Practical guidance on developing useful connections, making the most of existing contacts and digital networks, and maintaining relationships over time.

OPPORTUNITY CREATION

Developing the ability to recognise signals, ask relevant questions and follow up with purpose, so promising conversations have a clearer next step.

COMMERCIAL SUCCESSION

Helping graduates, emerging leaders and middle managers take on a broader commercial role, with knowledge and capability shared beyond the senior team.

HOW LEARNING BECOMES USEFUL

Participants put agreed actions into practice between sessions, from starting a client conversation to following up a new connection. We review what happened, address barriers and agree the next step, connecting development to their everyday commercial responsibilities.

CLEAR GOALS MEANINGFUL KPIs MEASURABLE PROGRESS

We start by understanding your business priorities, each person's role and where they need support, then agree clear goals and practical KPIs that give their development direction. These might include building a relevant network, consistently following up, initiating client conversations, identifying opportunities or contributing to proposals and pipeline.

Coaching gives them the skills, confidence and accountability to work towards those goals, with agreed actions to put into practice between sessions.

Regular reviews assess progress, address barriers and refine the approach, helping each person understand how their activity contributes to winning work and building stronger client relationships.

You gain visibility of their development, while they gain a clear understanding of what is expected, how to achieve it and the commercial contribution they can make.

Why work with Alison?

I bring nearly three decades of experience in property, construction and business, including building relationships, winning work, negotiating deals and leading teams.

That commercial experience shapes practical coaching to help your next generation of rainmakers develop their confidence, capability and contribution.

BOOK A
CONVERSATION

ALISON KILGOUR COACHING

About Alison

Coaching for individuals, organisations and professional teams

Data-Driven Intelligent Coaching



EXPERIENCE THAT UNDERSTANDS THE REAL WORLD.

Alison Kilgour brings nearly three decades of experience in property, construction and business, alongside professional coaching, fitness, nutrition and mental health training.

Her background includes building a business, winning work, negotiating deals and leading teams in demanding commercial environments. That experience shapes coaching which understands professional responsibility, competing priorities and the need for advice people can put into practice.

Qualifications, Specialist Training & Memberships

- Level 3 Diploma in Personal Training
- Level 3 Pre & Postnatal Exercise & Nutrition
- Menstrual Cycle & Menopause Exercise/Nutrition
- Mental Health Awareness & First Aid
- CIMSPA - Member (MCIMSPA)
- Association for Coaching Member
- BSc Quantity Surveying

“I coach people who carry a lot.”

Across all three services, the approach follows the same principles.

REAL LIFE FIRST

Your training, habits and development need to fit the life or business you actually have.

DATA, NOT GUESSWORK

Track what matters, understand what it tells us and use the evidence to guide your next step. Progress is measured, not assumed.

INTELLIGENT ACCOUNTABILITY

Clear expectations, honest conversations and consistent follow-through, with adjustments when circumstances change.

You receive personal attention, practical direction and a clear connection between the work you put in and the progress you are aiming for.



FREQUENTLY ASKED QUESTIONS

GOT QUESTIONS? I HAVE ANSWERS.

WHICH SERVICE IS RIGHT FOR ME?

Fitness & Lifestyle Coaching supports your personal health and fitness. Corporate Wellness Coaching supports wellbeing within your organisation. Business Development Coaching develops commercial confidence and work-winning capability. We can discuss where to start.

CAN SERVICES WORK TOGETHER?

Yes. Each service can stand alone or form part of a wider engagement, with an agreed purpose and outcomes for each area.

HOW DOES ONLINE FITNESS COACHING WORK?

Your bespoke training programme, nutrition resources and progress information are delivered through the 1Fit app. Weekly check-ins, personal feedback and programme adjustments help you stay consistent and respond to changes in your routine.

CAN CORPORATE SUPPORT BEGIN WITH A WORKSHOP?

Yes. A focused workshop can be a starting point, or sit within leadership coaching and a wider year-round programme.

WHO SHOULD TAKE PART IN BUSINESS DEVELOPMENT COACHING?

Graduates, emerging leaders and middle managers who need to develop their commercial confidence, relationships and contribution to winning work. The content reflects their experience and responsibilities.

HOW WILL WE KNOW WHETHER IT IS WORKING?

We agree your starting point, goals and relevant measures, then review progress at agreed intervals and adjust the approach where needed.

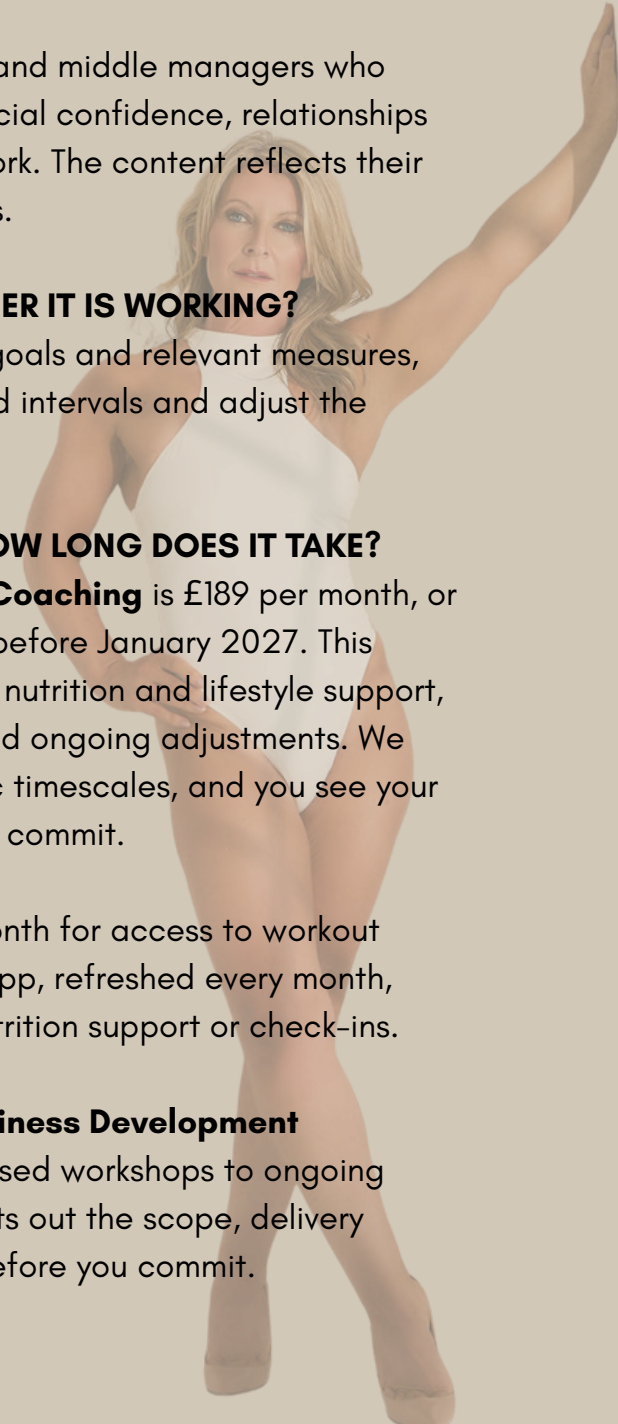
WHAT DOES IT COST AND HOW LONG DOES IT TAKE?

Bespoke Fitness & Lifestyle Coaching is £189 per month, or £149 per month if you sign up before January 2027. This includes personalised training, nutrition and lifestyle support, weekly check-ins, feedback and ongoing adjustments. We discuss your goals and realistic timescales, and you see your coaching roadmap before you commit.

AK On Demand is £24 per month for access to workout programmes through the 1Fit app, refreshed every month, without personal coaching, nutrition support or check-ins.

Corporate Wellness and Business Development

engagements range from focused workshops to ongoing programmes. Your proposal sets out the scope, delivery schedule, duration and fees before you commit.



ALISON KILGOUR COACHING

BOOK A CONVERSATION

Whether you want to improve your own health, support a healthier workforce or develop commercially confident professionals, let's discuss what you want to achieve.

We will explore your priorities, identify the right support and agree a clear next step, with scope and investment explained before you commit.



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